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Your essential daily news | WEDNESDAY, AUGUST 12, 2015

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Fee for airport pickups 'is not gonna fly'

TRANSPORTATION

Taxi drivers say customers will be expected to pay more

Lucy Scholey
Metro | Ottawa

The Ottawa airport was advising travellers to budget extra travel time on Tuesday, as taxi drivers protested pickup fees on site.

Amrik Singh, head of taxi union Unifor Local 1688, said drivers were locked out in the morning. He said they are now expected to pay about $5 per pickup, which will force passengers to pay more.

The previous taxi stand fee was a flat monthly rate of $389. The union says they pitched a 17 per cent fee increase.

"This five dollars is not gonna fly," he said.

Drivers were waving Unifor flags and slowly driving up the Airport Parkway and through arrivals while honking their horns.

Later reports on Twitter said drivers increased their loop down the Airport Parkway during rush hour to clog up traffic.

Krista Kealey, spokeswoman for the Ottawa airport, said they had coaches and sedans waiting for passengers. OC Transpo was running as usual, albeit with some delays.

Coventry Connections, Ottawa's largest taxi company, has 150 taxis with the Airport Taxi YOW fleet and more than 240 drivers.

Singh said Blueline and Capital Taxi — two Coventry Connections companies — were also refusing to pick up passengers in solidarity with their "brothers."

Hanif Patni, president of the cab company, said the company's job is to give the airport a "sustainable amount" of fees for services.

"In fact, the airport is growing and we will need more cabs to be servicing the airport," he said. "It's something that we know is hurting their pocketbook, but, at the same time, they are going to be getting more work."

He said he hopes taxis will be able to pick up passengers at the airport soon, and urged people to refrain from using "illegal services," like Uber.

INCREASE

Ottawa's taxis have been paying the lowest airport pickup fees in North America for about 20 years.

KEEPIN' IT COOL

Host of Whatever's Cool With Me has been loving his job for 18 years

metroNEWS

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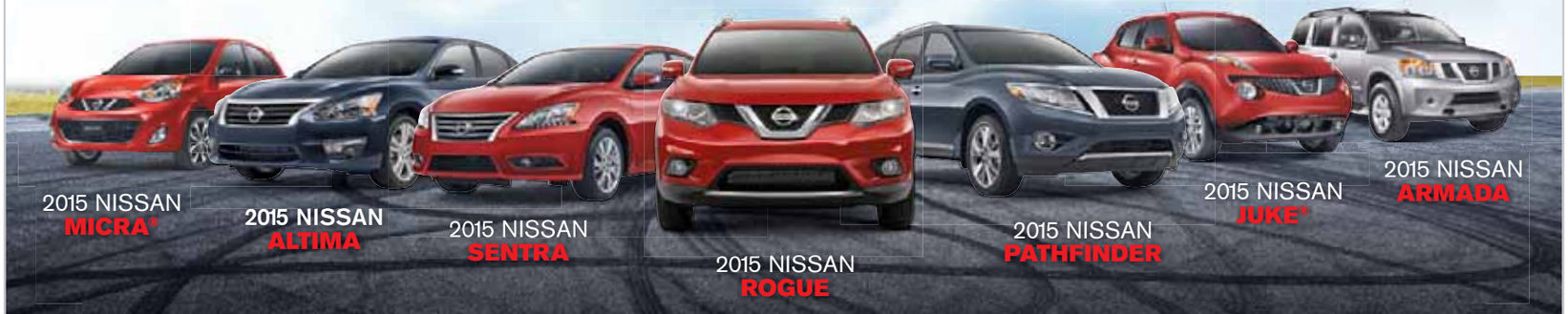

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metro NEWS

Your essential daily news

Kids with cancer may have a chance at future parenthood. **World**

Hey Rosetta! and Yukon Blonde to share NAC stage

MUSIC

Show part of ongoing casual concert series

Hey Rosetta! has earnedtwo Polaris Music Prize finalist spots and a Juno award nomination. CONTRIBUTED

Two Canadian indie-rock bands from opposite coasts will share a stage at the National Arts Centre in November.

Newfoundland darlings Hey Rosetta! are performing at the Fourth Stage with Vancouver-based Yukon Blonde on Nov. 22 during their coast-to-coast tour this year.

The Ottawa stop is part of the fifth annual NAC Presents series — a more casual concert-going experience from the plays, ballets and other big-orchestra productions that have earned the Elgin Street institution its reputation.

Septet Hey Rosetta! is returning just nine months after performing with Stars at the NAC's last concert series.

No matter the venue, fans of Hey Rosetta! flock to lead vocalist Tim Baker's haunting voice and the band's pop-rock tunes that have so far earned two Polaris Music Prize finalist spots (for Seeds in 2011 and 2009's Into Your Lungs) and a Juno Award nomination.

Last year, the Stars and Hey Rosetta! show sold out to a crowd of 2,300.

This time, the band teams up with the golden flowing mane of Jeffrey Innes and his rock-meets-synth band Yukon Blonde, who, as the Toronto Star recently said, are poised to transform from "CanCon indie-rock darlings with mainstream-crossover potential to CanCon indie-rock crossover success story." Don't spend too much time humming and hawing over these tickets, folks.

Including February's sellout show, NAC officials say more than 23,000 patrons attended the 40-plus concerts in the series. NAC Presents has also doubled its shows over the past five years.

"After consecutive successful seasons, word got around to artists and audiences that something special was happening at the NAC," said NAC Presents producer Simone Deneau in an email. "Also, the incredible breadth and quality of Canadian artists keeps growing exponentially, even in the last five years."

So far, it's known that Manitoba singer-songwriter JP Hoe will share the stage with Royal Wood and the NAC Orchestra on May 6.

Royal Wood has also played to several sold-out crowds on the NAC stage.

"We wanted to make the NAC stages home to Canadian artists, a place where they want to play, returning often — not just once," said Deneau.

The rest of the NAC Presents lineup will be announced on Aug. 26.

Tickets for Hey Rosetta! and Yukon Blonde start at $29 and will go on sale starting Friday at noon. Head to the NAC Box Office or buy them online at Ticketmaster.

CITY COUNCIL

Glebe BIA seeks stat holiday exemption

Haley Ritchie
Metro | Ottawa

The Glebe BIA is submitting a request to city council next week asking for an exception to an Ontario law that requires retail businesses to close on statutory holidays.

"Let's let the businesses make a choice for what works for them, what works for their customers and their staff," said Andrew Peck, BIA executive director.

"We spent quite a bit of time talking about it. We talked to our board, did a survey with our members and went door-to-door to talk to merchants."

Peck said the proposal is not asking for any kind of special designation. Instead, he's appealing to a part of the Retail Business Holidays Act that says exceptions apply to areas "located within two kilometres of a tourist attraction."

The proposal would apply to the Bank Street BIA's official district, including Bank Street and Lansdowne.

Right now retail stores in the Glebe are required to close during holidays and risk fines if they remain open.

Peck said the idea was in the works long before Whole Foods was fined earlier this year for opening on Good Friday.

"It came about fairly organically last year. It wasn't a particular business that came to us," he said.

WHAT YOU NEED TO KNOW AS DUFFY TRIAL RESUMES

The Mike Duffy trial returns from a seven-week hiatus with a bang on Wednesday. Star witness Nigel Wright, Stephen Harper's former chief of staff, is expected to take the stand at the Elgin Street courthouse. Here's a refresher on what you need to know as the suspended senator's trial resumes. **Michael Woods** METRO

THE PLAYERS

The Senator

The Boss

The Chief

What has happened so far?

Duffy is facing 31 charges including bribery, fraud on the government and breach of trust. The trial spanned 36 days this spring, then went on hiatus for seven weeks.

Testimony thus far has revolved around expenses Duffy claimed related to his residence in Kanata (which he claimed was his secondary residence), travel and other expenses related to consulting contracts.

What happens now?

Starting Wednesday, the trial turns to the matter of the infamous $90,000 cheque Wright wrote to cover Duffy's inappropriate housing expenses.

When the payment came to light in May 2013, it led to Wright's departure from the PMO and the most significant political firestorm of Harper's time as prime minister.

It remains unclear whether Wright resigned or was dismissed; Harper has given both explanations, and did not directly answer a question on the matter when asked at a campaign event in Markham on Tuesday.

The RCMP investigated Wright but dropped its investigation in April 2014, saying the evidence did not support laying criminal charges.

What could we learn?

Wright hasn't said much publicly about the case. But according to documents filed by the RCMP, Wright wrote in a February 2013 email that the prime minister was "good to go" with a plan to have the Conservative Party repay Duffy's housing expenses. However, Harper denied saying those words when asked about them on Sunday.

"The words you are quoting are not my words. They are somebody else's," he said.

In a May 14, 2013, email to colleagues, Wright wrote "the PM knows, in broad terms only, that I personally assisted Duffy when I was getting him to agree to repay the expenses."

Questions abound exactly how much Harper knew. We may find out more details about both of these instances.

What does the prime minister have to say about this?

Harper has continued to deny any advanced knowledge of Wright's payment to cover Duffy's denied housing expense claims. He did so again Tuesday morning.

If Wright's testimony differs at all from that, it could spell trouble for the prime minister.

What does this have to do with the election?

The timing of Wright's testimony — falling during Week 2 of an 11-week election campaign — is coincidental.

But it could be unfortunate for the Conservatives, with Harper facing questions about details of Wright's testimony while out on the campaign trail, and the details potentially giving the NDP and Liberals more fodder for their attacks on the Conservatives.

ANALYSIS

Wright, emails to fill in the blanks

The moment has arrived for Nigel Wright to fill in the blanks on his controversial dealings with Sen. Mike Duffy, but the prime minister's former chief of staff won't be the only one with fresh details this week.

With Wright beginning his testimony Wednesday at Duffy's fraud, breach of trust and bribery trial, the defence team is expected to soon release hundreds of internal emails exchanged with Stephen Harper's key people.

Back on the first day of the trial in April, defence lawyer Donald Bayne threw that thick binder of evidence down on a courtroom table with a loud thump — a teaser of things to come. The full transcript of Wright's 2013 interview with police has also yet to be seen publicly.

Wright arrived Saturday in Ottawa from London, where he is a managing director with Onex Corp. A source close to Wright said the former chief of staff is ready for a full airing of the circumstances around his secret $90,000 payment of Duffy's improper living and travel expenses in 2013.

Wright takes his duty to the trial process seriously, said the source, speaking on condition of anonymity.

Wright's mere presence at the trial, combined with the new exhibits, will breathe new life into a scandal that embroiled a number of people close to Harper — as well as some of his top Senate appointees — smack in the middle of an election campaign.

Harper has maintained he knew nothing about Wright's payment before it emerged in the media.

But the scandal has also revolved around the political culture inside Harper's office and the efforts of his staff to make Duffy's expense controversy go away.

The Conservatives can at least count on the fact that Wright's previous statements to police suggest his main frustrations, even anger, were with Duffy.

And Wright is still embraced inside Conservative circles — he was the guest of honour at a dinner held at the residence of the Commons Speaker a year ago that included the current campaign chairman, Guy Giorno.

THE CANADIAN PRESS

NDP leader Tom Mulcair cuts wood during an election campaign stop at a prefabricated home factory in Mascouche, Que. on Tuesday. Mulcair's recent requirement to participate only in debates with prime minister Stephen Harper suggests he will not be in attendance for the Sept. 21 debate on gender equality in Toronto. THE CANADIAN PRESS/RYAN REMIORZ

Talk on women's rights jeopardized

ELECTION 2015

Debate satisfies all NDP leaders' criteria except PM's presence

Michael Woods
Metro | Ottawa

A leaders' debate on women's rights — which would be the first of its kind in 30 years — appears to be in jeopardy, with Stephen Harper's apparent lack of interest and Tom Mulcair's newfound unwillingness to attend debates without the Conservative leader.

Up for Debate, a coalition of 175 women's groups, has long been planning the debate on women's issues and gender equality, scheduled for Sept. 21 in Toronto.

Organizers received written confirmation on Oct. 3, 2014 that the NDP were keen to participate, said Sarah Kennell, spokeswoman for Action Canada for Sexual Health and Rights, one of the groups behind the debate.

However, the NDP's recent requirement that Mulcair participate only in debates with Harper — and that there be an equal number in English and French — appear to mean he won't be there after all.

Debate organizers met with the NDP on Sunday to clarify their criteria.

"When it comes to the NDP, they're quite firm that Mr. Harper has to be there or they're not going to participate in ours," Kennell said, adding that the Conservative Party has yet to respond to organizers' request for a meeting.

Liberal leader Justin Trudeau, Bloc Quebecois leader Gilles Duceppe and Green Party leader Elizabeth May have all confirmed their attendance, Kennell said.

Up for Debate says this will be the first debate of its kind since the 1984 campaign, when then-party leaders Ed Broadbent, Brian Mulroney and John Turner participated in a debate focused on women's issues.

The NDP on Tuesday confirmed Mulcair's attendance at the Munk Debates event, and called on Harper to agree to an additional French-language debate.

Kennell said the women's rights debate satisfies all of Mulcair's criteria except for Harper's required presence; it will be a bilingual debate with simultaneous translation.

BACKGROUND

Harper's debate itinerary

The Conservatives have said Harper will participate in five debates. He has so far committed to four: last week's Maclean's debate, and those in the fall organized by The Munk Debates, The Globe and Mail and French television station TVA.

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Ryan Bresee hosts CKCU's Whatever's Cool With Me at the Carleton University studio. TREVOR GREENWAY/METRO

DJ talks hijacks and on-air shocks

MUSIC

Ryan Bresee has hosted show for 18 nonstop years

Trevor Greenway
Metro | Ottawa

Ryan Bresee has no idea what would have happened if he didn't thwart the two drunk dudes who tried to hijack CKCU's radio station back in 1997 at Carleton.

The now-39-year-old radio DJ was able to talk the airheads out of their evil plans to hold the station hostage — plans that likely would have seen the wobbly college pupils demand pizza, more beer and straight As from their kinesiology course.

"Thankfully they were so drunk, I was able to talk them out of it and just escort them out of the station," chuckles Bresee, adding that the dudes had no weapons, no political motivations, no demo tape they wanted record executives to listen to; just a lot of liquid courage in their bellies.

"They were just big drunk dudes who wanted to take over the station. They were falling over drunk."

The hijack attempt is just one of the many stories Bresee is remembering this week, as he celebrates the 18th anniversary of his Thursday morning show, Whatever's Cool With Me.

> **I am live on air and we have no delay here. I was swearing like a sailor who just got punched in the face. And then there was just dead air for 15 seconds.**
> Radio DJ Ryan Bresee

It's an impressive span, especially for a young father and full-time Health Canada scribe, who basically hasn't missed one show in the past 940 Thursdays.

He's seen the station transition through the digital age, watched as the station's cassette decks and reel-to-reel machine made way for fancier, slicker, more efficient CD players. He has seen many hosts and shows come and go.

But he's back every Thursday morning from 9:30 to noon and has become a favourite DJ to his many religious followers, crooning them into their busy days and coffee breaks with his genre-spanning sets — he'll hit anything from indie rock and reggae to electronica and rap.

This Thursday, Bresee will be sharing stories from his past 18 years on the air, reminiscing about how his 2012 Jeremy Gara (Arcade Fire) interview went viral and later got picked up by Pitchfork, Rolling Stone, Consequence of Sound and Spin Magazine; or the day he had to bring his five-year-old daughter into the studio and let her sing on-air during a day when daycare was closed. There was also the time Bresee was shocked on the air, and dropped enough F-bombs to sink any community radio station. Fortunately, this one still floats.

"I see the flash a split second before this arc of electricity shoots from the microphone into my mouth while another one comes through the headphones into my ears, which hurt even more," recalls Bresee, describing the day a technician installed a new strobe to the phone line.

"I said the worst stuff. I am live on air and we have no delay here. I was swearing like a sailor who just got punched in the face. And then there was just dead air for 15 seconds while I composed myself and made sure I was still alive."

Bresee says whenever the strobe trips, he gets "a little twinge of fear."

So, what makes Bresee's show so special, so appealing, so popular?

It's really quite simple: it's his love for good music. You won't hear Bresee playing any Nickelback or Taylor Swift or any tunes that higher-ups tell him to. His playlists are pure Bresee-curated sets that speak to not only his audience, but himself as a music lover, a Canadian and an aging dad.

It's been the same way since he pressed play on that first track in August of 1997 — While You Were Out by Frog — quality, underground, but accessible tunes you likely don't hear anywhere else.

And while Bresee doesn't get paid, and never has, the show has opened up so many doors for the Ottawa music head. It has led to him emceeing events like Folk Festival and shows at the Tulip Festival and has pushed his name on important jury panels like the Prism Prize and the coveted Polaris Music Prize.

And why does he keep putting promotions off at work? Why does he stay up way past a 39-year-old dad's bedtime building sets in his basement? Why does he put so many hours in for a job that doesn't cut him a paycheque?

"I love it," he says.

"I love the engagement I get with the listeners. Doing the show has cost me money over the years, but it has led to some really great things and meeting really great people."

And for 18 years, people have been tuning in. Bresee is showing no signs of slowing down and he will keep playing tunes from the likes of Kale Mattson, Lydia Ainsworth, Buck 65, Daphni or whatever's cool to him.

Just press play for another 18 years, please?

THE PROGRAM

Whatever's Cool With Me turns 18 this Thursday

Tune in this Thursday at 93.1 FM from 9:30 to noon and celebrate 18 years of music from one of the top radio DJs in the city. He'll be tossing out hoodies, swag and a full weekend pass to this year's Arboretum Festival.

People take in a view from Champlain Lookout in Gatineau Park in Hull, Que., October 2010. The NCC says the park sees 2.7 million visitors each year. PAWEL DWULIT/THE CANADIAN PRESS

NCC wants Gatineau Park info

STUDY

Commission hopes to track who visits area, success of ads

Haley Ritchie
Metro | Ottawa

Gatineau Park is looking to prove its worth in a new study being commissioned by the National Capital Commission.

The request for a market research team was put out recently, along with details about what data the NCC wants to track, including who is using the park and the success of environmental protection and marketing campaigns.

"In order to demonstrate that Gatineau Park provides significant returns to local municipalities and businesses and to Canadians more generally, this study will document the benefits," said NCC spokesman Jean Wolff.

The survey will need to track a number of factors including who is using the park, overall attendance, popular sites, satisfaction and how much is spent by tourists.

Currently the NCC said the park sees 2.7 million visits per year.

Surveys are set to take place in October and November 2015, January and March 2016 and June and August 2016. Those are the time periods that visitors to the park will be approached and asked to answer questions. The survey might also include calling Ottawa and Gatineau households to see if they visit the park.

The last time a visitor study was conducted was in 2011, and the last economic study was in 1998, according to Wolff.

The new study is set to be finished in 2016 and will combine both economic and visitor stats. Wolff said it will help inform the Gatineau Park Master Plan, due to be updated in 2017.

IN BRIEF

Ottawa police investigating south-end stabbing

Police are investigating a late-night stabbing in the city's south end.

Police say officers got a call at about 11:30 p.m. Monday about a man who had been stabbed in the left shoulder near Hunt Club Road and Lorry Greenberg Drive.

They say the man had been involved in an altercation close by. Police say two suspects fled in an SUV.

The man who was stabbed is in hospital with non-life threatening injuries. METRO

POLITICS

Wynne, PM escalate war over pension plan

Ontario Premier Kathleen Wynne and Prime Minister Stephen Harper are ramping up their war of words over the Liberal government's new provincial pension plan.

As Wynne was unveiling details of the Ontario Retirement Pension Plan in Toronto, Harper went out of his way to slam the idea as "an enormous tax increase" during a campaign event in nearby Markham.

After answering questions from reporters — none of them about the ORPP — Harper returned to the microphone to raise the issue, saying he was "delighted" that Ottawa's refusal would make it more difficult for Ontario to implement the pension plan.

The prime minister said it would be bad for the economy and bad for jobs, noting small businesses have warned they'll have to cut jobs to meet the extra costs of a new pension plan.

Wynne admits she doesn't know how much it will cost to create and administer the provincial pension without any help from the federal government, but she vows to proceed.

The premier says people aren't saving enough for retirement, and adds that Harper's refusal to enhance the Canada Pension Plan left Ontario with no choice but to create its own.

The Ontario plan will require companies to pay premiums of 1.9 per cent of salary for each employee, up to $1,643 a year, and workers will pay an equal amount.

Ontario passed legislation in April to create the provincial pension for more 3.5 than million people who do not have a workplace pension.

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Trudeau vows to clean up 'mess'

ELECTION 2015

With Duffy trial on tap, federal leaders take aim against Harper

With the curtain about to rise on the climactic second act of the Mike Duffy trial, Justin Trudeau promised Tuesday to clean up the scandal-tainted Senate, while Stephen Harper set his sights on neighbourhood drug labs.

The Liberal leader vowed to clean up the prime minister's "mess," accusing Harper of leading the "most secretive, divisive and hyper-partisan government in Canada's history."

That mess, of course, is the Senate, and in particular Duffy's trial, which was scheduled to enter its most explosive phase Wednesday with none other than Nigel Wright, Harper's former chief of staff, as the first witness.

Wright is the man who provided Duffy with $90,000 of his own money to repay his disallowed housing and travel expenses. The former Conservative senator has pleaded not guilty to 31 charges including fraud, bribery and breach of trust.

Liberal Leader Justin Trudeau speaks to supporters during a 2015 federal election campaign stop in the riding of Papineau in Montreal on Tuesday. Prime Minister Stephen Harper's tough-on-drugs policy announcement on Tuesday was likely used to score points against Trudeau, who has already pledged his support for legalizing marijuana. GRAHAM HUGHES/THE CANADIAN PRESS

Trudeau, determined to keep the Conservative scandal top of mind for Canadians, spoke Tuesday of transparency, saying it would be a fundamental principle in a Liberal government.

He also promised to bring in a merit-based appointment process to the Senate.

Harper, meanwhile, tried to avoid being drawn back into the Duffy fray with yet another policy announcement — his fifth with the 11-week campaign still in its infancy.

Harper promised a 20 per cent increase in funding — to almost $27 million a year — to help the RCMP target marijuana grow-ops and meth labs and another $500,000 a year over four years on a national toll-free hotline for parents to get information about drug use among the country's youth.

NDP Leader Tom Mulcair, however, was more interested in Harper's travel itinerary, in particular the fact he was getting as geographically far away from Ottawa as possible.

"I do find it interesting that Mr. Harper has decided to try to hide out in the North Pole during the Mike Duffy trial this week," Mulcair said.

"On a whole series of subjects, Mr. Harper has said one thing and its opposite in the Mike Duffy affair. You can't say one thing and then its opposite and have them both be true. A lot of that is going to be catching up with Mr. Harper this week. He can run but he can't hide."

Mulcair later confirmed he would participate in a bilingual Munk Debate on foreign affairs, after having said he would only be there if Harper was and if there would be an equal number of debates in both official languages.

Confusion, however, continued to reign Tuesday. The Conservatives have agreed to participate, and while the Liberals have said they would be there on Sept. 28, they have yet to confirm their attendance.

Green party Leader Elizabeth May was not invited.

THE CANADIAN PRESS

ITINERARY

Where the leaders are:

- Prime Minister Stephen Harper's itinerary was unavailable.
- Liberal Leader Justin Trudeau's itinerary was also unavailable.
- NDP Leader Tom Mulcair is scheduled to be in Quebec.
- Green Party Leader Elizabeth May will be in Squamish and North Vancouver, B.C.

NEWFOUNDLAND

Former Liberal MP to run in federal election as an independent

With his wife by his side, former Liberal MP Scott Andrews announced he'll run as an Independent in the federal election as he brushed off lingering questions about sexual harassment claims against him.

"I'm moving forward and I'm putting that in the past," Andrews said Tuesday at a news conference in Paradise, N.L., outside St. John's.

The region is part of the Avalon riding Andrews has represented since 2008. He left the Liberal caucus in March after leader Justin Trudeau suspended him for alleged misconduct involving a female MP.

Susan Mosher will act as official agent for her husband in the campaign, as she has since 2008.

"I am 100 per cent supportive of this man," Mosher said.

"It was a difficult time, I don't deny that. But I am fully supportive of where we've come and where we are today, and from here on we are moving forward."

In March, Andrews said he accepted summary findings after an investigation by Toronto lawyer Cynthia Petersen, but stopped short of saying he did anything wrong. Petersen's investigation was conducted at Trudeau's request, and the report was not publicly released as participants were assured confidentiality.

Andrews refused then as he did Tuesday to discuss specifics.

In a spring letter to constituents, Andrews wrote that the MP involved "has remained anonymous and expressed no interest in taking action on unsubstantiated allegations. Eager for an appropriate resolution, I have co-operated and participated in all processes presented to me; one offered by the Speaker of the House of Commons, the other by Mr. Trudeau.

> **"I participated in good faith with Mr. Trudeau's process and I believed that the subsequent report was based on fact and should have seen me reinstated to the Liberal caucus.**
> Former Liberal MP Scott Andrews

"I participated in good faith with Mr. Trudeau's process and I believed that the subsequent report was based on fact and should have seen me reinstated to the Liberal caucus."

Andrews said an Independent MP could be especially influential if a minority government is elected Oct. 19.

Kelly Blidook, a political scientist at Memorial University of Newfoundland, said voters must size up Andrews without knowing all the facts.

"If he had come straight out and said: 'I did nothing wrong' ... to me, that would be vastly different than simply saying nothing about it, which is essentially what he has done."

Blidook said the episode exposed a troubling lack of procedures to fairly deal with complaints between MPs.

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Fentanyl linked to 655 deaths

DRUG ABUSE

Opioid is up to 100 times more potent than morphine

The RCMP is working with the United Nations and China to dampen the influx of the dangerous opioid fentanyl onto Canada's streets, but one high-level investigator expects the overdose problem to increase.

Health officials across Canada are urging jurisdictions to collaborate to combat the drug linked to at least 655 deaths between 2009 and 2014.

Fentanyl is a white powder that's easily disguised, tough to expose and in high demand by those with addictions, said Cpl. Luc Chicoine, the RCMP's national drug program co-ordinator.

Chicoine said it's being smuggled into the country in many ways, from inside shaving kits on passenger planes, to couriers, to gangs importing shipments in commercial containers.

Police have been unable to confirm the drug's primary origin.

All the while the death toll climbs and could get worse, Chicoine said.

"That's why I'm going back into my speech of awareness, and understanding the long-term problem that we're slowly stepping into."

Sixteen people overdosed in Vancouver on Sunday alone — including six in one hour — from heroin that police suspect was laced with fentanyl. The drug has been linked to the deaths of 12 people, mostly in Metro Vancouver, since July 27.

"You need so little fentanyl, (that tracing) the chemical signature would be extremely difficult," Chicoine said.

About 100 grams can be mixed with fillers to make one kilogram of street drug, while only a few salt-sized granules can be toxic, he warned.

> **You need so little fentanyl, (that tracing) the chemical signature would be extremely difficult.**
> Cpl. Luc Chicoine

China-based pharmaceutical-grade producers of the synthetic drug could be the fountainhead for organized crime groups, said Chicoine, who has raised the issue with his counterparts in China.

He spent two weeks meeting officials there last April discussing the problem, Chinese regulations and ways authorities in both countries can work together.

THE CANADIAN PRESS

Fentanyl can come in pill form (above) or in easily-disguised powder. ALBERTA LAW ENFORCEMENT RESPONSE TEAMS/THE CANADIAN PRESS

LAWSUIT

Man lived with knife in back for three years

A man from the Northwest Territories has filed a lawsuit against health officials claiming they failed to find a knife blade buried in his back for three years.

Billy McNeely has said that he went to the health centre in Fort Good Hope following a fight at a house party in 2010.

Staff stitched him up and sent him home, although he continued to have back pain and set off metal detectors.

The lawsuit says McNeely returned to the health centre and later visited the Yellowknife hospital with recurring pain, but nothing was found.

In 2013, after McNeely woke up in bed to find something poking out of his back, doctors dug out a blade measuring seven centimetres long.

The lawsuit names the Sahtu Health and Social Services Authority, the Stanton Territorial Health Authority, four doctors and two unknown nurses.

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Giving children a shot at fertility

Talia Pisano stands in her room at Lurie Children's Hospital in Chicago. Talia is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance at having babies of her own some day. CHRISTIAN K. LEE/THE ASSOCIATED PRESS

HEALTH

More than 30 babies have been born via tissue-freezing

Barely two years old, Talia Pisano is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance to have babies of her own someday.

To battle infertility sometimes caused by cancer treatment, some children's hospitals are trying a futuristic approach: removing and freezing immature ovary and testes tissue, with hopes of being able to put it back when patients reach adulthood.

It has worked in adults, with more than 30 babies having been born to women who had ovarian tissue removed in adulthood, frozen, and put back after treatment for cancer or other conditions.

But the procedures are still experimental in pre-pubescent children. There are challenges to making immature eggs and sperm from removed tissue suitable for conception.

Still, fertility researchers hope to refine the science while the first set of children whose tissue has been frozen grows up.

Families like Talia's are clinging to that optimism. The dark-eyed toddler who loves princesses and play-dough had an ovary removed and frozen in April. She was treated for kidney cancer last year but when it spread, doctors started harsher treatment including brain radiation.

"It seemed very new and pretty amazing that we can do something like this and help her in a bigger way," said her mom, Maria Pisano, of Griffith, Ind.

"It definitely brought some peace" and raised hope for Talia's future, Pisano said.

Doctors face a delicate balance in broaching the idea of yet another medical procedure when families have been hit with a horrible diagnosis and difficult treatment plan. The tissue-removing surgeries are typically done while a child is being sedated for another reason.

"We try to be thoughtful about the fact that their main focus and ours is on the survival of the child," said Dr. Erin Rowell, a surgeon at Chicago's Lurie Children's Hospital, where Talia is being treated.

"That often is the one piece of information that gives them

Mikey Richert, 10, plays a video game at his home in North Brunswick, N.J. He was diagnosed with a brain tumour. MEL EVANS/THE ASSOCIATED PRESS

> **It definitely brought some peace.**
> Maria Pisano, Talia's mother

a glimmer of hope," she said.

A baby boy in Belgium makes scientists think they're on the right track. He was born to a woman who at age 13 had ovarian tissue removed before undergoing harsh treatment for sickle cell anemia. Doctors believe she had signs of puberty when the tissue was frozen, according to a recent medical journal report. Ten years later the tissue was thawed and was grafted onto her remaining ovary. She gave birth last November.

She is the youngest person to date to have had success. Although her eggs were likely more mature than those of prepubescent girls, the results are "super exciting," said Dr. Jill Ginsberg of Children's Hospital of Philadelphia, a pioneer in the field.

Dr. John Lantos, bioethics chief at Children's Mercy Hospital in Kansas City, Mo., says offering the fertility-preserving procedures poses no ethical issues "as long as there's informed consent."

After the tissue is removed, some is stored in liquid nitrogen for the patient's future use and some is sent to a central research lab at Northwestern University in Chicago, where scientists are studying ways to make it work.

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FERGUSON, MO.

Police, public worried about militia's return

The return of an armed militia group patrolling the streets of Ferguson drew criticism Tuesday from both protesters and the county police chief overseeing security amid ongoing demonstrations marking the anniversary of 18-year-old Michael Brown's shooting death.

St. Louis County Police Chief Jon Belmar said the overnight presence of the Oath Keepers, wearing camouflage bulletproof vests and openly carrying rifles and pistols on West Florissant Avenue, the central hub of marches and protests for the past several days, was "both unnecessary and inflammatory."

The St. Louis suburb was the focus of months of massive protests and sometimes violent unrest last summer after the killing of Brown by a white Ferguson police officer, which sparked a nationwide protest movement and a fierce debate over how police treat minorities.

Belmar plans to ask county prosecutor Bob McCulloch about the legality of armed patrols by the far-right anti-government activist group, which largely comprises past and present members of the military, first responders and police officers.

Missouri law allows anyone with a concealed carry permit to openly display a firearm anywhere in the state.

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IN BRIEF

Possible missile fragments found at MH17 crash site

Dutch prosecutors said Tuesday they have found what could be parts of a Buk missile system at the site in eastern Ukraine where Malaysia Airlines Flight 17 crashed last year.

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Amnesty approves policy to decriminalize sex trade

Amnesty International approved a controversial policy Tuesday to endorse sex trade decriminalization, rejecting complaints from some women's rights groups who say it is tantamount to advocating the legalization of pimping and brothel owning.

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Critics wary of Iran deal

INTERNATIONAL RELATIONS

Many doubt U.S. can catch any 'cheating' on agreement

Secretary of State John Kerry testifies before the House Foreign Affairs Committee hearing on the Iran Nuclear Agreement in July. ANDREW HARNIK/ THE ASSOCIATED PRESS

Iran's intelligence agencies have penetrated CIA front companies, executed Western agents and captured a sophisticated U.S. drone.

So why should anyone believe American intelligence officials when they express confidence that they can monitor Iran's compliance with the just-completed nuclear agreement?

The main reason, according to a classified joint intelligence assessment presented to Congress, is that the deal requires Iran to provide an unprecedented volume of information about nearly every aspect of its existing nuclear program, which Iran insists is peaceful.

That data will make checking on compliance easier, officials say, because it will shrink Iran's capacity to hide a covert weapons program.

"We will have far better insight (into) the industrial aspects of the Iranian nuclear program with this deal than what we have today," James Clapper, the director of national intelligence, told an audience last month at the Aspen Security Forum.

> **"The intelligence community can rarely guarantee, 'We're going to find the secret site.'**
> David Albright, former weapons inspector

Outside experts don't dispute that. But they question — considering past blunders of U.S. intelligence in the Middle East — whether American spying will really be able to detect every instance of Iranian cheating.

"The intelligence community can rarely guarantee, 'We're going to find the secret site,"' said David Albright, a former weapons inspector who heads the Institute for Science and International Security.

"They have found them before in Iran and that's good, but I think they are going to have to do more work and bolster their capabilities to find secret sites in Iran in an environment when Iran is taking counter measures against them."

Congress is expected to vote next month on a resolution rejecting the agreement.

The United States, Russia, China, Britain, France and Germany reached the agreement with Iran on July 14 that would curtail its nuclear program in exchange for billions of dollars in relief from economic sanctions.

As part of that deal, Iran agreed to disclose nearly every element of its nuclear supply chain.

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IN BRIEF

Illinois man pleads guilty to terrorism charge

A man has pleaded guilty to a terrorism charge for attempting to join al-Qaida-affiliated fighters in the Middle East. The FBI arrested Abdella Ahmad Tounisi Tounisi in 2013 after he contacted undercover agents through fake extremist websites. Tounisi said, "I wanted to go to Syria to fight with Jabhat al-Nusra." He faces a maximum 15-year prison sentence.

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Rare recording of 'I Have a Dream' speech found

An English professor has unveiled a recording of what he says is the first time Martin Luther King Jr. said "I Have a Dream" in a public speech. Months before the civil rights leader gave his famous address at the March on Washington in 1963, he was fine-tuning his message in other venues.

Jason Miller says he discovered the recording in a library in Rocky Mount, N.C.

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ENVIRONMENT

EPA error leads to massive toxic spill in Colorado water supply

Townspeople watched millions of gallons of orange-colored mine waste flow through their communities and demanded clarity Tuesday about possible long-term threats to their water supply.

Colorado and New Mexico made disaster declarations for stretches of the Animas and San Juan rivers and the Navajo Nation declared an emergency as the toxic waste spread downstream toward Lake Powell in Utah.

EPA workers accidentally unleashed an estimated three million gallons (11.36 million litres) of mine waste, including high concentrations of arsenic, lead and other heavy metals, as they inspected the long-abandoned Gold King mine near Silverton, Colo., on Aug. 5.

EPA Administrator Gina McCarthy said Tuesday in Washington, D.C., that she takes full responsibility for the spill, which she said "pains me to no end." She said the agency is working around the clock to assess the environmental impact.

EPA officials said the shocking orange plume has already dissipated and that the leading edge of the contamination cannot be seen in the downstream stretches of the San Juan River or Lake Powell.

But that has done little to ease concerns or quell anger.

The Navajos, whose nation covers parts of New Mexico, Utah and Arizona, shut down water intake systems and stopped diverting water from the San Juan River.

Frustrated tribal council members echoed the sentiment of state officials, insisting that the federal government be held accountable.

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Greece pledges swift vote to approve bailout deal

ECONOMY

Harsh terms include sale of assets, deep spending cuts

Greece agreed to harsh terms for a new three-year bailout Tuesday and vowed to push it through parliament this week, despite mounting dissent in the ruling left-wing party.

With the country facing the risk of a debt default next week, Prime Minister Alexis Tsipras had sought to speed up the talks and get approval of a deal this week.

After Greece and its creditors reached an accord on the main points on Tuesday, Tsipras called for an emergency session of parliament for a vote late Thursday.

Greece needs to start tapping the new bailout — worth 85 billion euros ($93 billion US) — so that it can make a key debt repayment next week and secure its future in the euro.

The draft agreement forces Tsipras to accept what he had vowed to resist only months ago: the sale of some state property and deep cuts to pensions, military spending and ending tax credits to people considered vulnerable.

Officials in Athens and the European Union said a few issues were left to be ironed out Tuesday.

"We are very close. Two or three very small details remain," Finance Minister Euclid Tsakalotos said as he emerged Tuesday morning from all-night discussions with creditors.

The European Commission, a key negotiator in the talks, confirmed the progress. Annika Breidthardt, the Commission's spokeswoman for economic affairs, said the details were expected to be cleared up later.

A man reads a newspaper outside a shop in the main meat market of the northern Greek port city of Thessaloniki, Tuesday. Greece has agreed on the broad terms of a new three-year bailout package with creditors. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

Dissenters in Tsipras' left-wing Syriza party, who want to end bailout talks and return to a national currency, promised to fight the deal, describing it as a "noose around the neck of the Greek people."

> **We are very close. Two or three very small details remain.**
> Finance Minister Euclid Tsakalotos

Tsipras requested an end to the summer recess to allow for the two-day approval procedure and to get a vote before a meeting of eurozone finance ministers on Friday.

The agreement still requires approval from higher-level representatives, and senior finance officials from the 28 EU nations were holding a conference call Tuesday.

Germany, the largest single contributor to Greece's two previous bailouts and among the toughest negotiators so far, remained cautious on the timing for a final deal. "We will have to examine the results that come in the course of today," deputy finance minister Jens Spahn told n-tv television.

Investors cheered the news of progress. Greece's government borrowing rates fell, a sign investors are less worried about a default. The two-year bond yield dropped by 4.2 percentage points to 14.73 per cent. The Athens Stock Exchange, which reopened recently after being shut for five weeks during the most severe part of Greece's financial crisis closed up 2.1 per cent.

Cash-strapped Greece needs more money by Aug. 20 at the latest, when it has a debt repayment of just over three billion euros to make to the European Central Bank.

The government insisted it has also gained key concessions from lenders: greater control over labour reforms, avoiding a "fire sale" of state assets, and softer deficit targets.

THE ASSOCIATED PRESS

STOCKS

Hackers tied to insider trading

An international web of hackers and traders was charged by U.S. authorities Tuesday with making $100 million US by breaking into the computers of business newswire services, reading corporate press releases before they came out, and then trading on that information ahead of the pack on Wall Street.

Nine people in the U.S. and Ukraine were indicted on criminal charges, including securities fraud, computer fraud and conspiracy. And the U.S. Securities and Exchange Commission brought related civil charges against the nine plus 23 other individuals and companies.

The nine charged with criminal offences include two people described as Ukrainian computer hackers and six stock traders, all but one of them in the United States. Prosecutors said they made $30 million US from their part of the scheme.

At the same time, the SEC brought a lawsuit that lays out a sprawling network of hackers and traders stretching from the U.S. to Russia and Ukraine, France, Malta and Cyprus, all accused of using the stolen advance information to make illegal trades.

Authorities said that starting in 2010 and continuing as recently as May, the hackers gained access to more than 150,000 news releases that were about to be issued by Marketwired of Toronto; PR Newswire in New York; and Business Wire of San Francisco.

The defendants then used roughly 800 of those news releases to make trades, exploiting a time gap ranging from hours to three days, prosecutors said.

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AIRLINES

Low-fare Spirit posts worst on-time record

If you get on a Spirit Airlines flight, there's a 50-50 chance that your flight will be late.

Spirit, a low-fare carrier with a clientele of mostly leisure travellers, had by far the worst on-time performance in June among 14 airlines tracked in a government report.

Only 49.9 per cent of its flights arrived within 15 minutes of schedule, which is the government's definition of being on time.

United Airlines had the second-worst rating, at 66.3 per cent on time.

Overall, airlines covered by the U.S. Department of Transportation report operated 74.8 per cent of their flights on time in June, up from 71.8 per cent in June 2014.

Hawaiian Airlines, which benefits from many short flights in mostly good weather, finished on top, with 90.5 per cent of its flights landing on time.

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metro VIEWS
Your essential daily news
Wednesday, August 12, 2015

metro's election explainer

Your candidate can live in Toronto but run in a B.C. riding. What gives?

THE FACTS
Unlike senators, who must reside and own property in the province they represent, members of Parliament have to make their home somewhere in Canada, but not necessarily in the riding or even the province they vote for in the House of Commons. In practice most places elect local candidates. In the U.S., members of the House of Representatives, the equivalent of our House of Commons, must be "inhabitants" of the state they represent, broadly defined. (They don't have to own property or have lived there for a particular length of time).
But for Canadian candidates, it's about who you're for, not where you're from.
Think of a junior hockey team: the players get popular support by playing their hardest for the hometown fans, whether they grew up around the corner from the rink or in a Swedish fishing town.

THE HISTORY
The lack of a residency rule has come in handy for parties looking to seat a new leader. In 1990, Jean Chrétien won leadership of the Liberals — but he wasn't an MP. A Liberal member resigned his Quebec seat and Chrétien won it in a byelection. Green Party Leader Elizabeth May, who is from Cape Breton, N.S., shopped for a riding she could win. She ran in London, Ont. in 2006, in central Nova Scotia in 2008, and finally scored a seat in 2011 in environmentally friendly Saanich—Gulf Islands, B.C.

THE CONTROVERSY?
Canadians haven't balked at voting for candidates who hail from far-flung environs, as long as the party of their choice wins the seat. The most prominent example is the Prime Minister: Though Toronto-born and raised, Stephen Harper's economic conservatism and support of the energy sector put him right at home with voters in Calgary Centre.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON A BREWING BREAKUP

THE QUESTION

After months of flirting with my barista, we finally started dating. Unfortunately, it ended badly. There's nowhere else convenient for me to pick up my morning java. Advice?

Dear Ellen,
After several months of flirting with a barista at my local Starbucks, we finally started dating. Unfortunately, it ended badly. I'm not upset about the breakup. The problem is, I'm now afraid to go into the coffee shop — partly out of fear of running into my ex, partly out of fear that his co-workers will be rude or do something to my drink.
The problem is, there's nowhere else convenient for me to pick up my morning java. Advice?
D.L., Winnipeg
Dear D.L.,
I must say, you are one cool customer. You flirt for months with some poor chump who's slaving over a steamy espresso maker, finally take him out a few times, then (by the sounds of it) dump him, and now you're miffed because his broken heart might inconvenience your morning routine?
OK, perhaps I'm being too hasty. Maybe your heart was broken. Maybe he used and abused you, dragged your tender feelings through the mud and tossed you aside like a soggy coffee filter — limp, stained, your innards suitable only for composting.
But for anyone in such a state, the mere idea of waltzing back into the store would probably be enough to cause a total nervous breakdown. So I'm going to assume here that you were not terribly upset by the breakup, and that he was.
Let me start by saying that it's nobody's fault when a relationship ends. If the romance were meant to be, it would be. Only a fool wants to date someone who's not into them. Only a moral coward dates someone they fundamentally don't want to be with. And only loathsome busybodies judge other people for ending relationships, whatever their reasons. (As a veteran of all three ridiculous positions, I know whereof I speak.)
The question is, when you say it ended "badly," are we talking about how he felt? Or about how you behaved? It's never going to end well when one person is in love and the other person is not. But it can end on a level playing field, with a shred of dignity intact on both sides, if the breaker-upper is honest about their feelings and intentions.
If you broke up fair and square with this person, you have nothing to be ashamed of. Hold your head high, sally forth into your 'Bucks and order your coffee with impunity. If your appearance is going to cause real pain to your ex, you might consider going without your morning java for at least a few weeks out of consideration for another human being's feelings. (And if you're serious about the co-workers adding extra-special ingredients to your brew, then, yes, do avoid the place completely.)

If you broke up fair and square with this person ... hold your head high and order your coffee with impunity.

But if you behaved badly, dishonestly, cavalierly or disrespectfully before, during or after the breakup, I have to tell you that etiquette dictates total self-banishment from your local Starbucks. As a misguided relationship ruffian, you will have to get your (presumably iced) coffee elsewhere for the foreseeable future.

Need advice? Email Ellen
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Nothing's strange about seeking sanctuary in a church

There aren't many good reasons to leave a slow, Sunday-afternoon barbecue on your friend's rooftop deck.
But a friend told me I should go. I was having a sad day, and she knew it would help.
"I already had my yoga and meditation this morning," she said with a half-smile. "You can come right back."
So I did. At the last possible moment, I got on my bike and headed to church.
St. Peter's is a large stone church, set back from the street, surrounded by lawns and gardens. You pass through three sets of thick wooden doors and emerge into a large, echoing chamber.
I was late. The church was half-empty, warm and dark, the sun muted through stained-glass windows. The pianist hadn't shown, and so instead a woman stood at the edge of the altar, singing alone into the microphone, her voice ringing off the vaulted ceilings and over the smattering of people in the pews.
I closed my eyes to listen to that sound — a single voice on stone.
Churches, to me, have a particular feeling. The air is calm. Little is demanded of me once I'm inside. It's similar to standing by the sea, floating in a lake or hiking in thick woods.
It's a sanctuary. It's a comfort. Sometimes, that comfort is small.
Sometimes it's vast. On Sunday, I entered sunken, and I left elated, lifted.
Everyone at the barbecue knew I'd gone to mass — the host and hostess, a couple I don't know well, other friends — and when I got back, no one blinked.
"How was mass?" they asked, and I told them about the singing. "Do you feel better?" one friend asked.
Immensely.

On Sunday, I entered sunken, and I left elated, lifted.

I arrived just as the sausages and chicken skewers came off the grill and onto a table crowded with salads, corn and fresh olive bread.
It wasn't long ago that I realized my friends don't just respect my faith. To a degree, they understand it.
They understand the impulse for comfort. The impulse for calm.
It surprised me the first time one of them suggested, when I was having a bad day, "You should go to church." Sometimes, it still does.
Then I remind myself there's nothing strange about it. Who couldn't use a sanctuary?

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metro LIFE
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"Every night I light a candle that he stays in the race until Sept. 8. But I also hope that nobody gets that candle too close to his hair."
- Stephen Colbert, on Donald Trump's presidential bid

Street food is ancient history

DINING ON-THE-GO

Grabbing lunch at the taco stand? The Romans did easy eats first

Grabbing something hot and tasty on the move? You have the ancient Romans to thank. "Street food" was their invention, generally enjoyed with wine, gambling or even prostitutes.

Food on the go was an integral part of daily life in the empire, from nibbling on salted peas while watching gladiators battle in the Colosseum, to grabbing a sausage or fried fish snack after a dip in Rome's famed baths.

Feeding an empire of some 50 million people was no mean feat, as an exhibition in the Italian capital sets out to show in conjunction with Milan's 2015 Universal Exhibition on the themes of food and agriculture, running until the end of October.

Food scarcity could trigger uprisings or even topple leaders, a risk Emperor Augustus (63 BC to 14 AD) was unwilling to take. He made importing wheat, oil, wine and other foodstuffs a top priority, changing the face of Roman dining.

Breakfast of Romans

A typical day kicked off with the **jentaculum**, or breakfast — salted bread, dried fruit and eggs washed down with milk or wine.

That was followed by a quick **prandium**, or lunch, grabbed at the **thermopolia** — forerunners of fast food restaurants — or popinae, wine bars frequented by the lower classes where customers could grab a bite, dabble in a bit of gambling, or pop upstairs for some sex.

Dining on peacock tongues

Following an afternoon's work or session at the thermal baths, the rich would throw sumptuous banquets, dining on anything from peacock tongues to baked dormice.

The rest of the population supped on fresh vegetables, stews and, occasionally, meat.

"The logistics deployed by the Romans to feed themselves is fascinating," said Orietta Rossini, curator of the Ara Pacis exhibition, emphasizing how hard it was to keep happy a capital of one million people — the biggest in history before the industrial revolution hit London.

The key lay in turning conquered Egypt into the empire's granary and ensuring wheat was transported cheaply to Rome all year round.

Our daily bread

Private shipowners would carry up to 500 tonnes of wheat between Alexandria and Rome under the strict supervision of the state in an early example of today's partnerships between the private and public sectors, Rossini said.

This made the emperor "the sole distributor of daily bread, the only one responsible for the supply of provisions." Augustus boosted his popularity by distributing 35 kilos of wheat a month free to 20,000 citizens — free men over 17 years old.

Egypt's role was later passed on to the empire's African provinces, with grain shipped from Carthage in Tunisia to Rome's Ostia port in just three days and nights.

Wine, sold at rock-bottom prices, was also imported, along with oil and meat.

Who gives a fig?

Samples of carbonized foodstuffs discovered during excavations at the ancient town of Herculaneum — destroyed along with Pompeii by the eruption of Mount Vesuvius in AD 79 — are on display at the exhibition, including wizened Roman-era figs.

The much-lauded "Mediterranean diet" began here: broad beans, peas, lentils and onions went in stews, with pine nuts, dates and almonds thrown in. Cumin, coriander, sesame and mint seeds were used to spice up dishes.

The globalization of foodstuffs seen in today's supermarkets was already in action, with wine imported from Gaul and Cyprus, oil from Andalusia, honey from Greece and prized **garum** — the fermented fish sauce which drove Romans crazy — from Portugal.

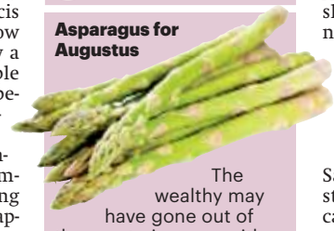
Chicken rare as hen's teeth

Food was such an important commodity that Emperor Diocletian, who ruled from 284 to 305, imposed price controls. But some dishes remained beyond the household budget for some — with chicken a particularly expensive and rare treat.

While a baker would on average earn 50 pieces of silver a day, he would have to spend 60 to buy two chickens, 30 for a half a litre of Falernian wine from the Bay of Naples, 12 for 300 grams of pork and four for 25 figs. AFP

EMPERORS' VEG

Asparagus for Augustus



The wealthy may have gone out of the way to impress with exotic dishes, but the Roman empire's leaders were fond above all of fruit and vegetables: Emperor "Tiberius loved cucumber, while Augustus loved asparagus," exhibition curator Orietta Rossini said.

COLOSSAL BITS AND BITES

The ancient Romans would snack on salted peas while watching gladiators at the Colosseum. ISTOCK

COCKTAILS

These ice pops give summer a delicious boozy kick

Elodie Noel
Metro in New York

Lick your liquor

These Harissa Bloody Mary pops are deliciously cool on a hot summer's day. HANDOUT

Summer heat just begs for a refreshing treat in any form. Well, we had an even better idea: Why not combine the best of the season's fresh fruits and delicious cocktails into a delicious treat. It even comes on a stick.

However, we've got some disappointing news for those of you hoping to get drunk on the sly with one of these healthy ice delights.

"You can't add too much in the way of alcohol to frozen treats as they won't freeze," says Morgan Greenhalgh, author of The Drink Blog.

His advice: "While they are kind of fun, I think the most ideal way to enjoy them is by having one and a cocktail on the side."

That's an opinion shared by Jacquee Stephens, the blogger behind I Sugar Coat It.

"Popsicles are a refreshingly cool summer treat that appeal to the kid in all of us," she says.

"They evoke such wonderful childhood memories. As an adult, pairing them with a favourite alcoholic drink really creates the best of both worlds."

Molly Yeh, founder of the aptly named food blog My Name Is Yeh, particularly enjoys the aspect of eating your alcohol slowly, nibble by nibble.

"For someone with a low tolerance, it's probably good that brain freeze stands in the way of me accidentally having my drink too quickly."

So get to the farmer's market, bring that lovely produce home and turn it into something beautiful and delicious.

And here's a sweet tip: To get the pops out easily, place frozen moulds under warm running water.

> **They evoke such wonderful childhood memories**
> Morgan Greenhalgh

RECIPE

Harissa Bloody Mary Pops

Tomatoes don't get any fresher than in August. These ice pops have the signature salty spiciness of a Bloody Mary, which can be a bit odd at first, but they are refreshing, healthy and give you just the right amount of buzz to make dessert extra fun.

Ingredients:

- 2 cups tomato juice
- 1/2 cup vodka
- 2 cloves garlic, smashed
- 3/4 tsp celery salt
- 1/2 tsp sugar
- 1/2 tsp harissa powder
- 3/4 tsp Worcestershire sauce
- A squeeze of lime juice
- A few turns of black pepper

Directions:

Whisk all ingredients together. Pour into popsicle moulds or 3-oz Dixie cups. Freeze for 20 minutes. Insert popsicle sticks and freeze for two more hours. Serve with celery stalks (and an extra vodka shot) and enjoy!

MULTI-COOKER

A doodad worth making space for

WORD OF MOUTH

Theresa Albert
myfriendinfood.com

I am the lucky recipient of all kinds of whack for my kitchen, but, given that it is small and I am a not a fan of countertop doodads, I am very selective.

I had to be talked into trying out the new to-the-market Philips multi-cooker and the logic went like this: it replaces your steamer, slow cooker and rice maker.

Plus, it can bake and make yogurt. Yeah right, says my inner skeptic.

Well, in the last 24 hours, I have used it to make chicken cacciatore, bake a dark chocolate blueberry chia cake, and steam a head of kale. I am about to make yogurt, just for fun and because organic milk was on sale.

The difference between this appliance and a slow cooker is its range of temperatures.

You need a very high and quick heat to sauté the onions and celery for the soups and stews but a low heat to coddle milk for yogurt.

You need even heat with steam evaporation to bake.

I have given away my other appliances, switched around my kitchen countertop to accommodate and I am looking for other applications for such a useful, multi-purpose tool.

- At the cottage or on the boat. This multi-cooker allows you to walk away and spend all day and it won't heat up the cabin like an oven would.
- At university, where time and money are tight and it's an opportunity to avoid crap food.
- For seniors who may want to batch cook and freeze food on sale but don't want to be in the kitchen cleaning dishes. (Like my mom, whose birthday it is today!)

Word on the street is that we are indeed making healthier choices and trying to cook at home.

The learning curve here is minimal and the benefits massive. That ought to help.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

IN BRIEF

Cookbook teaches single guys to cook, maybe get a date

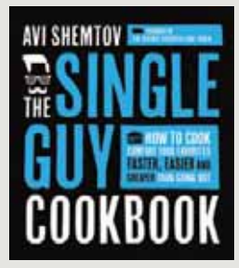
Single and looking? If you're a guy who's willing to do some cooking, Avi Shemtov has you covered.

Admittedly, Shemtov's initial attempt to feed dudes on the prowl read a bit too much like the love child of Rachael Ray and a Craigslist Casual Encounters ad.

But mostly the book is an enticing collection of comfort food designed for the solo fellow willing to put a little effort.

Shemtov doesn't dumb it down. The recipes — which include everything from waffle-battered chicken tenders to potato gnocchi and kielbasa-based spaghetti carbonara — aren't difficult, but they are real.

THE ASSOCIATED PRESS



No purchase necessary. One entry per person. Contest open to residents of the cities of Toronto and Ottawa, Ontario; Vancouver, British Columbia; Calgary and Edmonton, Alberta; Winnipeg, Manitoba and Halifax, Nova Scotia who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Fifteen (15) prizes are available to be won in each city, each consisting of a double movie pass to a screening of "No Escape." Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on August 11, 2015 and closes at 11:59 pm ET on August 17, 2015. To enter and for complete contest rules visit www.clubmetro.com

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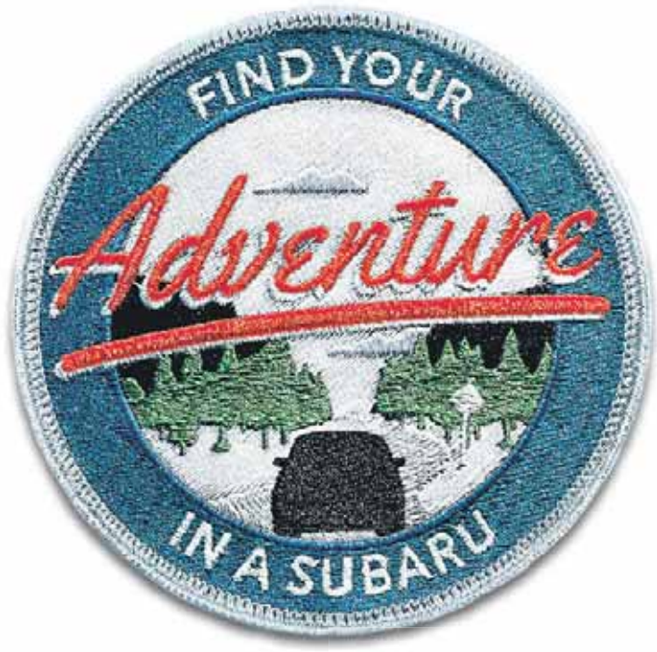

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metro DRIVE

Your essential daily news

Tesla says hackers 'a community that we want to be part of' to defend high-tech cars

New Maxima flaunts size, sizzle

ROAD TESTED

THE CHECKLIST | 2016 NISSAN MAXIMA

THE BASICS

Type. Full-size, four-door, FWD sedan
Power. 300-hp 3.5-litre V6
Transmission. CVT automatic
Price. Base $35,900 (plus destination)

NOTABLE FEATURES

- Driver Attention Alert system alerts driver when drowsy and/or inattentive
- Around View Monitor with moving object deception
- NASA-inspired "Zero Gravity" seats for initial softness and long-term comfort

POINTS

- No "stand-alone" options, just four distinct trim lines — SV, SL, SR, Platinum — each with distinct features and personalities
- Increased fuel efficiency through lightness and underbelly aerodynamics
- Exterior design channels the vibe of the cockpit of an aircraft jet fighter

MARKET POSITION

- Largest sedan in the Nissan portfolio, historically pitched as the "Four-door Sports Car"
- Prime target is Generation X, 45-year-old father striving for good work-life balance
- Positioned in "progressive premium" subset of large-car segment

THE COMPETITION

Chrysler 300
Base price: $38,159

Ford Taurus
Base price: $28,284

Toyota Avalon
Base price: $38,185

REVIEW

Nissan makes a strong case for the large car

Mike Goetz
Metro | Canada

Cars are losing favour to crossovers, and none more so than the big sedans from the mass-market brands. Sales have shrunk considerably.

So when it came time to build another all-new Maxima, Nissan could have gone a number of ways, anything from totally reinventing it to appeal to a different and larger crowd, to maybe not even making another Maxima, and letting Altima and Infiniti Q50 cover the territory, which they somewhat do already.

In the end, Nissan chose an interesting strategy. This 2016 Maxima is much like previous generations, in that it's still big, still V6-only powered, and still only front-wheel drive, in an era where everything new now seems to go with turbo fours and some kind of AWD system. But it's changed, too — with dramatic styling inside and out, and with some new and meaty and interesting technologies, all of which conspire to give the car an appealing "over-engineered" vibe.

An abbreviated list of some of the new engineering bits include the first use of 1.2GPa high-strength steel in a Nissan sedan, a new-generation CVT (transmission) that feels very much like a geared transmission; an Active Noise Cancellation system to quell bad noises and an Active Sound Enhancement system to enhance good noises; and Drive Attention Alert, which learns a driver's steering patterns to determine deviations and warns drivers of their possible weariness behind the wheel.

I was fresh and juiced up on caffeine when I had my first fling with this new Maxima, so the Alert system's Coffee Cup icon didn't light up in the gauge cluster. All models have a "Sport" and "Normal" drive-model selector to sharpen steering and shift points, but our tester was the SR model, which also enlists active braking and suspension to help the sporting cause.

No question this is a fast car, a fun car to control behind the wheel, and a deserving descendent to the Maxima's legacy as the "four-door sports car."

The seating and driving position could hardly be better. A new aspect of the intriguing interior design is to tilt the console seven degrees toward the driver (as in the Nissan GT-R).

The interface has a new touchscreen panel that responds to finger-swiping, and a new controller with some added features. Everything works intuitively, though you always take a second or so to decide which way to go — touchscreen or controller.

The back seat is absolutely great and voluminous for two. Three can go back there, but the middle person will kvetch.

Not sure any large sedan will keep people from running to the crossovers, but the 2016 Maxima is a wonderful car and will reward those who remain faithful to the genre.

DRIVING FORCE

Cleaning up highway debris a co-ordinated effort

Jil McIntosh
For Metro

If something can go in or on a truck or trailer, then it can also fall off it. That can pose a serious hazard to other motorists, but it can be just as dangerous for the crews whose job it is to clean the highway up.

"It's really about traffic control, and then picking up the object after the traffic is controlled," says Bob Doupe, maintenance superintendent for the Ministry of Transportation's office in Whitby, Ont. "It's done in a manner that's also safer for the travelling public."

Cleanup crews go out in a pickup truck to retrieve objects. On a smaller highway, it's often enough to put out a sign warning of road work ahead.

But on a multi-lane highway, there must also be a crash truck. In addition to its flashing lights and directional arrow, it also has a crash attenuator, which sticks out the back and absorbs energy if a vehicle runs into it. This happens with surprising frequency. "Being in those crash trucks is a dangerous job," Doupe says.

The crash truck diverts traffic out of the lane so the crew can pick up the debris. The operation always starts at the shoulder, so cars can only pass the crew on one side. If the item is in a middle lane, extra crash trucks or police officers will be called in to close successive lanes, starting at the shoulder.

SLOW YOUR ROLL
When you see a cleanup crew, slow down, obey the arrows, and give workers plenty of room for safety.

If it's too far out from the shoulder, or if the debris covers too many lanes, the crash trucks and police will initiate a "rolling stop." Starting well ahead of the problem, they'll block all lanes by driving very slowly and keeping traffic behind them until the crew has the mess cleaned up.

This can present a problem, Doupe says, when drivers at the back of the jam finally get to the trouble spot. They don't see the debris that's been cleaned up, and think that workers have closed the highway for nothing. "Sometimes they'll throw stuff at the crew, in addition to the insults," he says.

If you see debris on the road, call the police, who will alert the cleanup crews. And if something falls off your vehicle, never run into traffic to pick it up. People have been killed doing that, even when objects are close to the shoulder, so call for help and wait for the crew to show up.

A crash truck diverts traffic on the highway so crews can clean up debris.
JILL MCINTOSH/FOR METRO

Malibu sheds some pounds

POWER

Solar bike path shows promise

Dutch company SolaRoad reports that a 70-metre test section of bike path embedded with solar panels near Amsterdam is producing more power than was originally expected. The bike path has already generated 3,000 kilowatt hours of electricity, enough to power a single-person Dutch household for a year. SolaRoad has ambitious plans for its concept, envisioning solar roads as not only a way to generate power, but also a real-time mechanism to monitor traffic using embedded sensors, and to possibly guide self-driving cars. SolaRoad reportedly built the demo bike path at a cost of $3.7 million US.

TEXT AND IMAGES BY WHEELBASE MEDIA

REDESIGN

Chevrolet's 'strength training program' rids 150 kg

The next-generation Chevrolet Malibu midsize sedan will have more interior space and close to 150 kilograms less than the current model, the company says. The 2016 Malibu is expected to go on sale before the end of this year. Parent company General Motors says its engineers aggressively addressed two of the current car's main deficiencies, namely its cramped back seat and high weight compared to competing vehicles. The Malibu will be built on an entirely new chassis with nearly 10 centimetres more distance between the front and rear wheels. Combined with the lighter weight of the vehicle, the ride and handling should improve. Chevrolet engineers put the new Malibu "on a strength training program, making it sweat out a pound here and a gram there."

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

CAR-SHARING & E-BIKES

Ford moves on Smart Mobility

Ford is getting into the car-sharing and electric-bike business as part of CEO Mark Fields' effort to transform the automaker into a more holistic provider of transportation options, reports Automotive News. The company has announced a pilot car-sharing program that invites 26,000 Ford Motor Credit Co. customers in six U.S. cities and London, England, to offer their vehicles for short-term rentals. It also unveiled a new battery-powered bike aimed at urban commuters that folds and can be recharged while being stored inside any Ford vehicle. The Peer-2-Peer Car Sharing Program and MoDe:Flex bike represent the next phase of Ford's Smart Mobility plan.

MILESTONE

Model S drivers hit 1B miles

California electric-car automaker Tesla says drivers of its Model S sedan have now accumulated one billion real-world road miles (1.6 billion kilometres) around the globe. To put that distance into perspective, Tesla equates it to "4,186 trips to the moon" or "a 2,000-year road trip." Covering those miles electrically, it adds, prevented about 520,000 tonnes of carbon dioxide from being added to the atmosphere, and displaced "10 years of pumping gas."

BATTERY PACKS

Energy storage in Mercedes-Benz's future

Mercedes-Benz plans to enter the energy storage business, saying it has been testing lithium-ion battery packs for light industrial, commercial and home applications.

The individual battery packs can be "stacked" or combined to provide more storage capacity for a given site.

Through its ACCUmotive subsidiary formed in 2009, Mercedes-Benz — itself a subsidiary of German industrial giant Daimler — has reportedly already delivered more than 60,000 lithium-ion cells to customers.

The possibility of Daimler jumping into the energy-storage market, relatively soon after California electric vehicle startup Tesla's move into home storage, indicates just how big a business energy storage could become over the next few years, suggests alternate vehicle website Green Car Reports.

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Starting From Price for 2015 Dodge Grand Caravan Crew Plus shown: $34,490.§

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Starting From Price for 2015 Dodge Journey Crossroad shown: $31,785.§

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Examples: 2015 Ram 1500 Quad Cab SXT 4x4 (25A+AGR+XFH)/2015 Ram 1500 Crew Cab SXT 4x4 (25A+AGR+XFH)/2015 Dodge Grand Caravan Canada Value Package (29E)/2015 Dodge Journey Canada Value Package (22F) with a Purchase Price of $28,385/$30,414/$19,995/$19,995 with a $0 down payment, financed at 0% for 48/48/60/48 months equals 104/104/130/104 bi-weekly payments of $273/$292/$154/$192 with a cost of borrowing of $0 and a total obligation of $28,385/$30,414/$19,995/$19,995. ◊$10,000 in Total Discounts is available on new 2015 Ram 1500 models (excluding Reg Cab) and consists of $8,500 in Consumer Cash Discounts and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. ΩFinance Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase/lease of select 2015/2016 Chrysler, Dodge, Jeep, Ram or FIAT models until August 31, 2015. Bonus Cash will be deducted from the negotiated price after taxes. Excludes 2015 Dodge Challenger/Charger SRT Hellcat and 2015 Dodge Viper. Eligible customers include all original and current owners of a Chrysler, Dodge, Jeep, Ram or FIAT model with an eligible finance or lease contract maturing after January 1, 2015. Trade-in not required. See retailers for complete details. »$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015 Ram 1500 (excludes Regular Cab), 2014/2015 Ram 2500/3500, 2014/2015 Ram Cab & Chassis trucks, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before August 1, 2015. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed an Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. ‡3.49% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Dodge Grand Caravan Canada Value Package/2015 Chrysler 200 LX/2015 Dodge Journey Canada Value Package with a Purchase Price of $19,995/$19,995/$19,995, with a $0/$0/$0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $110/$110/$110 with a cost of borrowing of $2,950/$2,950/$2,950 and a total obligation of $22,944.90/$22,944.90/$22,944.90. ≈Non-prime financing available on approved credit. 4.99% financing available on 2015 Ram 1500 Quad Cab SXT 4x4/2015 Chrysler 200 LX. 6.99% financing available on select 2015 models. Financing examples: 2015 Chrysler 200 LX/2015 Dodge Grand Caravan Canada Value Package with a Purchase Price of $19,995/$19,995, with $0 down payment, financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $130/$139 with a cost of borrowing of $3,736/$5,346 and a total obligation of $23,731.14/$25,341.15. Some conditions apply. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ±Based on 2014 *Ward's* Lower Middle Sedan segmentation. Excludes other vehicles designed and manufactured by FCA US LLC. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data available as of July, 2014 for Crossover Segments as defined by FCA Canada Inc. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

metro SPORTS

Winnipeg QB Drew Willy will be out at least six to eight weeks with a knee injury

Royals insist they won't take their foot off the gas

MLB

K.C. entered Tuesday with a 12-game lead in AL Central

When Ned Yost was the bench coach in Atlanta, he watched the Braves cruise to a few division titles with big leads by the time August rolled around.

This year, he's learning how that feels as the manager in Kansas City.

After eking out a wild-card spot last year, the reigning American League champions had rolled to a 12-game advantage in the Central entering Tuesday night's game against the Detroit Tigers. In fact, there were more games between the Royals and second-place Minnesota Twins than separated the West-leading Houston Astros from the last-place Oakland A's.

The St. Louis Cardinals had a five-game lead in the NL Central, the second largest margin of any division. Otherwise, most races are wide open entering the final six weeks of the season.

"It's nice. That's good. It gives us some breathing room," Yost said, "but we still have 50-something games yet. Even though you have a big lead, you can't let your guard down for a second. Everybody is out to get you."

It would be easy for a team to relax with such a comfy cushion, but the Royals insist that's not their style. They quickly point out that they have not won a division title since 1985, the year of their only World Series triumph, and that anything — injuries to pitchers, slumps in their lineup — could send Kansas City limping toward the finish line.

"You just keep playing the same way. You can't rest on your laurels at all and think you have it all figured out," said utility man Ben Zobrist, who arrived from Oakland in a deadline trade and has filled in admirably for injured all-star outfielder Alex Gordon.

"We have to keep that mindset going through the rest of the year and hopefully that will put us in a good position to make the post-season."

Salvador Perez gives Johnny Cueto a Gatorade shower after the Royals' 4-0 win over the Tigers on Monday night in Kansas City. ED ZURGA/GETTY IMAGES

109

The Royals have been atop the AL Central for 109 days, counting Tuesday, more than it had spent in first place in the previous 11 seasons combined

> **What we've won to this point won't win us anything.**
> Ben Zobrist

Well, the Royals are already in good position for that.

No team in the divisional era has had a 12-game lead this late in the season and failed to win the division, according to STATS LLC. The only time it's ever happened in a league race was 1951, when the Brooklyn Dodgers squandered a 13-game lead in the National League, then lost a three-game playoff to the New York Giants on Bobby Thomson's infamous walk-off home run.

With a 12-game advantage after Monday night's victory over Detroit, the Royals achieved their largest lead since finishing the 1980 season 14 games ahead of the A's in the AL West.

The division isn't all that's at stake, of course. The Royals also began Tuesday with a 5-1/2-game advantage on the New York Yankees for the best record in the American League. And since their league won the all-star game, that would mean home-field advantage throughout the playoffs.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Tuesday's baseball games

NFL

Teammate punches, breaks Smith's jaw

Geno Smith's hopes for a breakout season with the New York Jets took a major blow — to the jaw.

The quarterback will be sidelined at least six to 10 weeks with a broken jaw after being punched by teammate Ikemefuna Enemkpali in the locker-room Tuesday morning. Smith, entering his third season, required surgery to repair the injuries.

Coach Todd Bowles made the stunning announcement in an impromptu news conference before training camp practice was scheduled to start.

Geno Smith
GETTY IMAGES

Ikemefuna Enemkpali
THE ASSOCIATED PRESS

Enemkpali, an outside linebacker in his second season, was immediately released by the Jets. Bowles said Smith and Enemkpali got into an "altercation" in the Jets' locker-room Tuesday morning.

"It had nothing to do with football," Bowles said. "It was something very childish, and he got cold-cocked, sucker-punched — whatever you want to call it — in the jaw."

Bowles wouldn't go into detail about the nature of the altercation, except to say: "It was something very childish, that sixth-graders could have talked about. It had no reason for happening."

Smith, who was having a good training camp, will be sidelined for the rest of the summer and likely for the first few games of the season. The season opener at home against Cleveland on Sept. 13 is five weeks away.

"Depending on how surgery goes, we'll see where we go from there," Bowles said.

Bowles said the Jets could add another quarterback, but it appears veteran Ryan Fitzpatrick will assume the starting job.

THE ASSOCIATED PRESS

ROGERS CUP

Serena rallies to avoid early exit

Serena Williams started slow but had little trouble avoiding an upset scare to advance at the Rogers Cup.

The world's No. 1-ranked women's tennis player lost the first set but came back to beat Italy's Flavia Pennetta 2-6, 6-3, 6-0 on Tuesday afternoon in Toronto.

When 21-time Grand Slam winner found her groove in the middle of the second set, Williams was just too much for Pennetta. THE CANADIAN PRESS

> **I haven't played a match on hard courts since April-ish ... It was a long time ago. So I think it was really good for me to have that match play.**
> Serena Williams

IN BRIEF

Shologan among CFL's top performers of the week

Hamilton Tiger-Cats defensive back Emanuel Davis, B.C. Lions running back Andrew Harris and Ottawa Redblacks defensive lineman Keith Shologan were named the CFL top performers of the week on Tuesday.

Shologan had five tackles, including a career-high three sacks, in the Redblacks' late 26-23 win over the Montreal Alouettes on Friday.

THE CANADIAN PRESS

FIFA

Montagliani joins reform task force

Canada Soccer president Victor Montagliani is joining Francois Carrard's FIFA reform task force.

Carrard, who helped oversee cleaning up the IOC after the Salt Lake City bidding scandal, will chair a group leading reforms of soccer's corruption-hit governing body and Montagliani is one of 12 officials that have been picked by the six soccer continental confederations, plus two chosen by World Cup sponsors.

THE ASSOCIATED PRESS

Victor Montagliani
FRANCOIS LAPLANTE/GETTY IMAGES

IN BRIEF

All involved in 'Deflategate' should talk it out: Judge

A judge is urging last-minute settlement talks between the NFL, the players' union and Tom Brady before a Wednesday hearing in the legal dispute over the superstar quarterback's suspension for using under-inflated footballs.

Judge Richard Berman on Tuesday ordered the sides to have "further good faith settlement efforts" prior to the first meeting since the sides took the scandal known as "Deflategate" to federal court.

Berman directed NFL Commissioner Roger Goodell and New England Patriots quarterback Tom Brady to join lawyers in his robing room to discuss negotiations prior to a public hearing. THE ASSOCIATED PRESS

Swiss star Shaqiri moves to Stoke for club-record fee

Stoke has completed the signing of Swiss international midfielder Xherdan Shaqiri from Inter Milan for a club-record fee of 12 million pounds ($18.68 million).

The Premier League club says Tuesday that the 23-year-old midfielder has signed a five-year deal.

The fee eclipses the 10 million pounds ($15.59 million) which the club paid for striker Peter Crouch in 2011. Shaqiri is the ninth player to join Stoke during the transfer window, with former Barcelona midfielder Ibrahim Afellay among the higher-profile names.

THE ASSOCIATED PRESS

Canadians good as gold

PARAPAN 2015

Prolific medal winners Huot, Stilwel stand out on great day

Veteran Canadian Paralympians Michelle Stilwell and Benoit Huot added Parapan Am gold to their already glittering medal collections on Tuesday.

Wheelchair racer Stilwell won the 100-metre T52 race while star swimmer Hout led a Canadian sweep in the men's 400-metre freestyle S10 class.

The two are among Canada's most decorated para-athletes.

At the 2000 Paralympics in Sydney, Stilwell was part of Canada's gold-medal winning wheelchair basketball team. Eight years later in Beijing, she won gold in both the 100- and 200-metre wheelchair races. She defended her 200 gold medal in London in 2012 but settled for silver in the 100. She's also a three-time world champion.

Canadian swimmers Benoit Huot, from left to right, Alexander Elliot, and Isaac Bouckley swept the 400-metre freestyle S10 on Tuesday night. DARREN CALABRESE/THE CANADIAN PRESS

Stilwell took gold in the 100-metre T52. THE CANADIAN PRESS

Huot has nine Paralympic gold medals along with five silver and five bronze. The native of Longueuil, Que., who has a club foot, edged teammates Isaac Bouckley of Oshawa, Ont., and Alexander Elliot of Waterloo, Ont., on Tuesday. The gold could be the first of several medals for Huot, who won six at the 2007 Parapans in Brazil.

"I was excited to race," he said. "The first three days were beginning to feel like a long wait."

Fellow Canadian swimmers Katarina Roxon of Kippens, N.L. (women's 100 breaststroke SB8) and Aurelie Rivard, St-Jean-sur-Richelieu, Que., (women's 400 freestyle S10) also captured gold to continue Canada's medal haul in the pool. Only Brazil has won more swimming medals at the Games so far.

> **"I just wanted to get to the wall quicker and do it for Canada."**
> Katarina Roxon

"I could hear the crowd cheering the last 25 metres," said Roxon. "I just wanted to get to the wall quicker and do it for Canada."

Stilwell, a cabinet minister in B.C. Premier Christy Clark's Liberal government, raced to gold in the 100-metre T52 event in 19.58 seconds, edging Americans Kerry Morgan and Cassie Mitchell. Saskatoon's Becky Richter was fourth.

In other results at the track, Kyle Whitehouse of St. Catharines, Ont., took silver in the men's 100 metres T38 for athletes with cerebral palsy while Rennee Foessel of Mississauga, Ont., won bronze in women's F37/38 javelin.

Canadians won three silver medals in the boccia competition. Hanif Mawji of Burnaby, B.C., was second in the individual BC1 event while Adam Dukovich of London, Ont., took silver in the BC2 competition and Eric Bussiere of Vercheres, Que., lost in the final of the BC3 division.

In boccia — a distant cousin to lawnbowling and bocce — wheelchair athletes try to place the six game balls as close as possible to a white target ball known as the jack. Athletes can push, kick or propel the balls with assistive devices depending on their level of physical mobility. THE CANADIAN PRESS

RIVARD

Aurelie Rivard, of St-Jean-sur-Richelieu, Que., set an Americas record of 4:33.40 to capture gold in the women's 400-metre freestyle S10.

THE CANADIAN PRESS

ROXON

Katarina Roxon, of Kippens, N.L., tool women's 100-metre breaststroke SB8 gold medal in a Parapan Am record 1:22.18.

THE CANADIAN PRESS

RECIPE Shrimp-Stuffed Avocado Shells

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Serves 4

Ingredients
- 2 ripe avocados
- 1/3 cup light mayonnaise
- 2 tsp Worcestershire sauce
- 2 Tbsp chili sauce (Heinz)
- 6 oz baby shrimp, defrosted and cooked, with excess liquid squeezed out
- 1/2 cup finely diced red bell pepper
- 2 Tbsp finely chopped green onions or chives

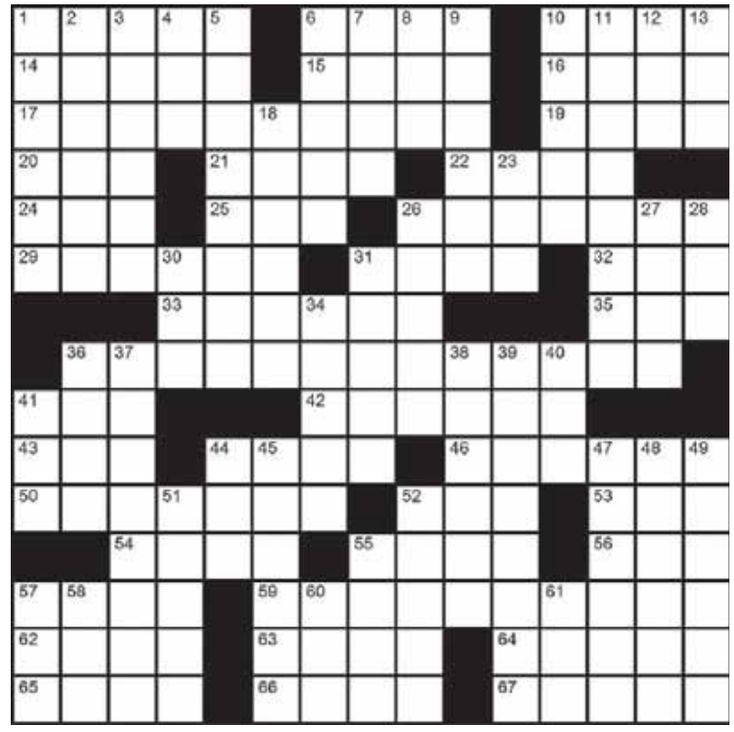
Directions
1. Slice avocados in half and scoop out pulp. Chop and place in bowl.
2. In another small bowl, mix mayonnaise, Worcestershire sauce and chili sauce.
3. Set aside four shrimp for garnish. Chop remaining shrimp and add to avocado with bell peppers and green onions. Gently fold in mayonnaise mix to avocado.
4. Spoon filling back into avocado shells. Garnish with remaining shrimp.

Nutrition per serving
- Calories 230
- Protein 11g
- Carbohydrates 14g
- Fibre 7g
- Total fat 16g
- Saturated fat 2.5g
- Cholesterol 65mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Coffee brand est. 1896 in Vancouver
6. Officially choose
10. Meaningful
14. Muse of love poetry in ancient Greek mythology
15. Ken of "thirtysomething"
16. ...happily _ after.
17. Best friend of #36-Across played by Dana Carvey: 2 wds.
19. 'Father' in France
20. White House nickname
21. Legendary singer Ms. James
22. "_ Chef America"
24. Not 'twas
25. Aug. and Sept.
26. Type of Terrier dog, cute-style
29. Orders takeout: 2 wds.
31. Ahhs friends
32. Feminine 'one' in French
33. City in Washington state
35. East Coast ocean, for short
36. "Saturday Night Live" character Mike Myers brought to the silver screen: 2 wds.
41. Jewel
42. Actress Charlize
43. Rainbow's shape
44. Fertilizer component
46. Yield
50. Money put into a bank account
52. Twice a single, for short
53. U2 rock producer Brian
54. Rushed letters in the office
55. Angry, _ off
56. Ex-Bruin Bobby
57. _-Cola
59. Everyone knows about it even though it's supposed to be hush-hush: 2 wds.
62. "Star _"
63. Typeface
64. Heighten
65. Waitress on "Alice"
66. Marshes
67. Police squads, e.g.

DOWN
1. Invalidate
2. Saudi _ Cruise's co-star in "Oblivion" (2013)
3. Most minimal
4. Baseball great Mel
5. Queen tune #17-Across and #36-Across famously rocked to: "_ Rhapsody"
6. Electricity units
7. Ms. Kurylenko, Tom
8. Ms. Carrere, Mike Myers' co-star as per #36-Across
9. Improve
10. The Home _
11. Ultimate
12. 'Mountain' suffix
13. Prior
18. Now!: 2 wds.
23. Iceland band, Sigur _
26. Dishonour
27. Global, briefly
28. Tubular fish
30. Swine spot
31. Nebraska city
34. Eight-member music ensemble
36. "The Way We _" (1973)
37. _ _ _ _ (Car in which #5-Down was played in the 1992 movie, as per #36-Across)
38. Investigations
39. Huge rocks
40. 'Differ' suffix
41. _ about (Rove)
44. NFL's land
45. Swindle
47. City in Illinois
48. Rioting reason
49. Rich cakes
51. City of Honshu in Japan
52. Auto shop repairs
55. State for Memphis, for short
57. CBC rival
58. Portland, _.
60. The Raven poet's surname
61. Crow cry

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Jupiter in the work area of your chart is sure to mean extra responsibilities, but if you tackle them in the right spirit and do the best job you can you will make a good impression. Get to it.

Taurus April 21 - May 21
The last thing you want now is to waste energy trying to persuade other people to do things your way. It's what YOU do that counts, so do something that makes the world sit up and take notice.

Gemini May 22 - June 21
Some sort of domestic strife is likely today but, at the same time, you are feeling extremely good-natured, so it should be easy enough to deal with.

Cancer June 22 - July 23
You won't lack for social invitations today but if you show your face too often you will begin to lose your rarity value. Even if you are not a celebrity as such you should act like one.

Leo July 24 - Aug. 23
There have been a lot of ups and downs in your life of late and you would no doubt welcome a little stability. That will come later but for now there is another roller-coaster situation you have to deal with.

Virgo Aug. 24 - Sept. 23
You cannot be the life and soul of the party every day. Now that Jupiter is moving through your sign you will find it easier to use the magic word more often. That word is "No."

Libra Sept. 24 - Oct. 23
This is a good time to look back at your efforts over the past few months and learn from both your triumphs and your failures. Your attitude is so positive now that nothing can hurt you emotionally.

Scorpio Oct. 24 - Nov. 22
You rarely, if ever, change your opinions once your mind is made up but over the next few days you will find yourself questioning some of the things you have come to believe.

Sagittarius Nov. 23 - Dec. 21
Jupiter in the career area of your chart means you will attract the attention of people in positions of power. You could soon be moving up in the world.

Capricorn Dec. 22 - Jan. 20
Get out into the world and explore. If you have shut yourself away in recent weeks you must now go right the other way and let everyone know that you still exist!

Aquarius Jan. 21 - Feb. 19
You have so many options to choose from now it may be a bit confusing. You are strongly advised to go with the option that provides you with the greatest amount of freedom.

Pisces Feb. 20 - March 20
You are going to have to make some major decisions over the next few days, the kind of decisions that have far-reaching consequences. Don't put them off in the hope that they might go away. Be brave.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	2	4					
5				8		2	7	
9			2		3			
2		8		3	6			
	3		1	2		8		
		1	8		5	3		
	7			6	8		9	2
	9					1	3	
						4		

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MAZDA3 sedan
GT model shown

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GT model shown

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